

# CHILDREN'S PHYSICAL ACTIVITY CHART

Name \_\_\_\_\_

Month \_\_\_\_\_

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Your goal is to get an hour of activity each day of the week. Fill or color in a circle for each hour of physical activity you do each day. Any active type of play or sport activity counts such as walking, biking, playing basketball, playing tag, having a water fight, etc.

31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1